

Curriculum Information Sheets

Curriculum Information Sheets are available for the following curricula approved by TPPI for implementation in PREPare for Success.

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Making Proud Choices! (MPC!)

Program Description and Overview

Making Proud Choices! A Safer Sex Approach to STDs, Teen Pregnancy, and HIV Prevention is an eight-module curriculum that provides young adolescents with the knowledge, confidence, and skills necessary to reduce their risk of sexually transmitted diseases (STDs), HIV, and pregnancy by abstaining from sex or using condoms if they choose to have sex. It is based on cognitive behavioral theories, focus groups, and the researchers' extensive experience working with youth.

Implementation Highlights

- Eight-session program (60 minutes each)
- All curriculum activities must be completed in order
- Delivery of intervention must be highly participatory

Target Population

The curriculum is designed primarily for African-American youth ages 11-13.

Potential additional target populations noted by developers

Use of the model in other ethnic or racial groups is allowable.

Use of the model with older teens is allowable; however, older teens should not be grouped with younger teens. The developers recommend dividing youth into groups into similar age.

Program Setting

The curriculum is designed for during school hours, after-school or non-school setting and was evaluated in schools on consecutive Saturdays.

Program Duration

- All 8 classes should be taught.
- The eight-hour intervention may be delivered in different ways, such as 2 modules per day over 4 days or 1 module per day over 8 days. The developer recommends that the entire intervention be completed within 2 weeks if possible.

Curriculum Materials

Curriculum materials are available from Select Media at <http://www.selectmedia.org/programs/choices.html>. For detailed information on this program, click the following link: [Making Proud Choices](#).

Adaptations

There are basic allowable adaptations; however you must have prior approval from your TPPI Program Consultant before implementing.

Reducing the Risk

Program Description and Overview

The primary focus of *Reducing the Risk: Building Skills to Prevent Pregnancy, STD & HIV* is the development of attitudes and skills that will help teens prevent pregnancy and the transmission of STDs, including HIV. This approach addresses skills such as risk assessment, communication, decision-making, planning, refusal strategies and delay tactics. The activities motivate students to take steps to avoid high-risk behaviors.

Implementation Highlights

- All 16 classes should be taught.
- All classes should be taught in sequence.
- Classes should be taught 2–3 times per week.
- Classes should last at least 45 minutes.
- The ideal class size is between 10 and 30 youth.

Target Population

The curriculum is designed primarily for youth ages 13-18 years old in grades 8-12.

Program Setting

The curriculum is designed for an in-school or non-school setting.

Program Duration

- 16 45-minute lessons.
- These lessons should be taught in sequence.

Curriculum Materials

Curriculum materials are available from ETR Associates at www.etr.org/pub. For detailed information on this program, click the following link: [Reducing the Risk](#).

Adaptations

There are basic allowable adaptations; however you must have prior approval from your TPPI Program Consultant before implementing.

Teen Outreach Program® (TOP®)

Program Description and Overview

The *Teen Outreach Program® (TOP®)* is grounded in a youth development framework. TOP® is built on a belief system that youth should be valued and given opportunities to grow. The development of supportive relationships with adult facilitators is a crucial part of the model, as are relationships with other peers in the program. All youth in the program build a foundation of success from three essential goals:

1. Healthy Behaviors- positive, constructive actions that allow young people to be successful now and later in life
2. Life Skills- competencies necessary to grow into healthy, self-sustaining adults
3. Sense of Purpose- knowledge of their own worth as they contribute to their communities through meaningful service.

Implementation Highlights

- Club structure, at most, 25 youth per club (ages 12-17)
- Club meets at least once per week with TOP® trained facilitator
- Program delivered over at least nine months
- Use at least one trained TOP® facilitator per club that is consistent throughout the year (available to be trained for three days and has acquired the skills to deliver TOP with fidelity)
- Includes Community Service Learning component

Target Population

The curriculum is designed primarily for disadvantaged and high-risk males and females in grades 9-12. Middle school youth ages 12-14 may also be included.

Program Setting

The curriculum is designed for an in-school or non-school setting.

Program Duration Three primary program duration criteria must be met:

- 9 months of programming
- 25 sessions (minimum) of group meetings/curriculum
- 20 hours (minimum) of community service learning

Curriculum Materials

Curriculum materials are available from the Wyman Center at http://wymancenter.org/wyman_top.php. For detailed information on this program, click the following link: [Teen Outreach Program](#).

Adaptations

There are basic allowable adaptations; however you must have prior approval from your TPPI Program Consultant before implementing.

Wise Guys Level I

Program Description and Overview

Wise Guys is an evaluated program that has been proven successful in helping young males make better, wiser decisions about sexuality. The *Wise Guys* program is committed to:

- Empowering young men with the knowledge they need to make effective decisions.
- Encouraging young men to respect themselves as well as others.
- Helping young men understand the importance of male responsibility, particularly sexual responsibility.
- Helping young men improve communication with parents, educators, peers, and others.

Implementation Highlights

The multi-session version of the **Wise Guys®** program is guided through the use of the **Wise Guys** curriculum, which meets over a period of time.

Wise Guys multi-session class topics include:

- Self Esteem
- Values
- Sexuality
- Goal Setting
- Decision Making
- Masculinity and Communication
- Dating Violence
- Healthy Relationships
- Sexually Transmitted Infections
- Parenthood

Target Population

English and Spanish speaking males between the ages of 11 and 17 years old.

Program Setting

The curriculum is designed for an after-school setting, school or community based.

Program Duration

Programming is typically 10 weeks. Any adaptation of this timeline, first needs to be approved by the developer for fidelity and then to the Program Consultant.

Curriculum Materials

Curriculum materials are available from the Family Life Education Services at 336-333-6890 x232. For detailed information on this program, click the following link: [Wise Guys](#).

Adaptations

There are basic allowable adaptations; however you must have prior approval from your TPPI Program Consultant before implementing.